Making a Peanut Butter and Jelly Sandwich

Introduction

The purpose of these instructions is to guide you in the process of making a peanut butter and jelly sandwich. For those of you who have never made a peanut butter and jelly sandwich, and are unaware of the tools needed to make one, this guide will help you in the process of developing the necessary skills. The terms you need to know will be defined and the proper preparations will be given, followed by the instructions on how to complete the process.

Definitions

- **Peanut Butter** – A sticky brown substance, usually found in a jar that is made from ground peanuts and is used as a spread for sandwiches.

- **Jelly** – A gelatin-like substance, that is normally colored to match its flavor of a particular fruit, and is used to be spread across a piece of bread for a sandwich.

- **Loaf of Bread** – A baked good, made from flour and wheat that is in a log-shaped form, and is sliced into many evenly sized pieces.

- **Knife** – A sharp utensil that contains a handle at one end and a blade at the other end, with a small jagged edge.

- **Spoon** – An eating utensil that contains a handle at one end and on the other side has a small bowl-shaped end, which is used for scooping up substances.
Sandwich – A type of food formed by having a combination of food, in this case peanut butter and jelly that is placed between two slices of bread.

**Necessary Materials/Conditions**

- Jar of Peanut Butter
- Jelly
- Knife
- Spoon
- Loaf of Bread
- Clean countertop in order to prepare the sandwich

**Process**

*Gathering Materials:*

1. Remove a jar of peanut butter (usually found in a cupboard) and place onto the clean countertop.

2. Remove a jar of jelly from the refrigerator and place onto the countertop. Strawberry jelly will usually be red and grape jelly will normally be purple. Most jellies will be the corresponding color of the fruit that ibis flavored to taste like.

3. Place a loaf of bread onto the countertop.

4. Remove a knife and spoon, which will usually be found in the same drawer, and place onto the countertop.

*Making the Sandwich:*

1. Open the loaf of bread by untying the tie, and remove two slices of bread.

2. Place the two pieces of bread onto the clean countertop.
3. Begin with opening the jar of peanut butter. To do this place your thumb on the side of the lid of the jar on the closest side to you and place your remaining fingers on the opposite side of the lid, and twist the lid counterclockwise.

4. Place the lid to the side for now.

5. Pick up your knife, by grabbing its handle.

6. Dip the blade end of the knife into the opening of the jar, diving the knife into the peanut butter.

7. Scoop up the knife out of the peanut butter jar, so that some peanut butter is on the blade end of the knife.

8. Spread the peanut butter that is on the knife onto the flat surface of one slice of bread by making a back and forth motion, removing all peanut butter from the knife.

9. Repeat steps 6-8 until there is an even amount of peanut butter all across the one slice of bread. The desirable thickness of the peanut butter is dependent upon your liking of peanut butter.

10. Place the knife to the side for now.

11. Return the lid of the peanut butter jar by turning the lid clockwise instead of counterclockwise, using the same hand placement as in step 3.

12. Remove the lid of the jelly jar by using the same method that was used to remove the lid of the peanut butter jar (step 3).

13. Place the lid to the side for now.

14. Pick up your spoon, by grabbing its handle.

15. Dip the bowl-shaped end of the spoon into the open end of the jelly jar.
16. Scoop up a spoonful of jelly from the jar and lift the spoon from the jar.

17. Place the jelly onto the slice of bread that does not contain the peanut butter, by turning your wrist so that the jelly falls off of the spoon and lands on top of the flat surface of the bread.

18. Repeat steps 14-16 one more time, or until the desired amount of jelly is on the piece of bread.

19. Place your spoon into the sink, so that it can be cleaned later.

20. Pick up your knife that you used earlier, by grabbing its handle.

21. Spread the jelly across the piece of bread, using the same back and forth motion that was used with the peanut butter, so that it is has an even thickness over the slice.

22. Place your knife into the sink, so that it can be cleaned later.

23. Return the lid of the jelly jar by turning the lid clockwise instead of counterclockwise, using the same hand placement as before (step 3).

24. Pick up the slice of bread that contains the peanut butter, with the peanut butter side facing upward and the opposite side laying flat against the palm of your hand.

25. Flip the slice of bread that is in your hand so that the peanut butter side merges with the jelly side of the other slice of bread, forming a sandwich. Make sure that the slices of bread match up their shapes so that no jelly or peanut butter is left exposed except for the very outermost edges.

26. Place the jelly jar back into the refrigerator, the peanut butter jar back into the cupboard, and the loaf of bread back to its original location.

27. Place your thumbs onto the top of the sandwich.
28. Slide your remaining fingers underneath the sandwich, in order to grab hold of the sandwich.

29. Lift the sandwich to your mouth and take a bite of the wonderfully tasting peanut butter and jelly sandwich.

30. Enjoy!